

1993 AIR QUALITY SURVEY

SALIVA SAMPLING
Instructions To Participants

Name: _____ Participant #: _____

YOU HAVE BEEN ASKED TO PROVIDE A SALIVA SAMPLE: IT'S EASY!
CAREFULLY READ AND FOLLOW THE STEPS BELOW.

1. Hold the vial in an upright position (cap at the top).
2. Remove the cap and hold the vial to your lips.
(Do not touch the cotton pad with your fingers!)
3. Tilt the vial so that the cotton pad slides into your mouth.
4. Chew the cotton pad vigorously for one full minute (timed with a stopwatch) until the pad is completely saturated.
5. Place the vial to your lips and allow the cotton pad to slide back into the vial. **DO NOT SPIT INTO THE VIAL and DO NOT USE YOUR FINGERS.** If you need to, use your tongue to guide the pad back into the vial.
6. Put the cap back on the vial.
7. Place the vial in the plastic bag and seal the bag.
8. Place the plastic bag on the table. (An interviewer will collect it.)
9. You have completed your saliva sample. Check here: ☐